

SECOND | THIRD QUARTER 2020
COMMERCIAL

real estate REVIEW



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WILLIAM M. GLADSTONE, CCIM, SIOR

Business as UNusual

The face of the real estate market as we knew it in February (pre-pandemic) was much different than the look it has today. And it continues to change. The market is naturally dynamic but when you add to it the circumstances of a pandemic, you are bound to get a shift. And we did.

The land market not only continues to be "hot" from a multi-family perspective but from an industrial viewpoint as well. A well-placed source notes: "Industrial land is on fire!" With the restrictions we have due to the pandemic, he is right — it should be on fire since 40% of our nation's population can be reached from Central Pennsylvania within 11 hours. This is why we see the 1M+ SF structures being built instead of smaller 500,000 to 800,000 SF warehouses. Our area is much more than a regional hub and our growth in warehousing will continue to be explosive.

The office buildings for sale market continues to do well. Many larger buildings are selling at low numbers due to heavy vacancies, especially in the B-space sector. This allows well-capitalized buyers to invest the necessary money into these buildings, bringing them up to today's standards. That helps attract the tenants that are active in the market and value is added. But the number of available tenants has been seriously dampened by the pandemic as some companies are debating the work from home model as a possible "go forward" strategy.

Retail has its issues, too, as some retailers move forward while others have hit the pause button. Online ordering has begun to dig deeper into retail sales. "Retail, though, is gaining back some lost ground," according to Adam Hagerman, a sales agent with Bennett Williams Commercial in York, PA. "Shutting down only had a temporary impact. It was painful for some more than others as the "trickle down" ended up affecting bars, restaurants, gyms, and nail and hair salons the most. Bookstores also got hit hard." But Adam indicated that grocery, auto parts, dollar, and tire stores continued to do well and were not affected quite as much as others who are now rebuilding their sales.

Investments continue to do well, somewhat unabated compared to pre-pandemic. As long as the investment makes sense — a creditworthy tenant, a longer-term lease, little or no deferred maintenance, and a market rate — then in this area a 7-8% cap rate is achievable. But there is a short supply of this product. There are investments masquerading as a 7-8% cap rate, but once the underlying economics are exposed, it is obvious these will never sell at the prices the owner wants.

Perhaps there are some similarities to the pre-pandemic market, but much of our new landscape has been shaped by the unique circumstances we are all currently facing. And I am not sure any one of us can predict how the current real estate climate will reshape itself (if at all) in the next six to eight months.

We wish you the best in your efforts!



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Distancing

REENTERING THE BUILT
ENVIRONMENT, POST COVID -19



Design



We will go back to work and the classroom and resume participation in social gatherings in restaurants and theaters. But when we do, it will not be business as usual. The office and classrooms will look different, function differently, and be utilized differently. The focus on health, safety, density, security, and location will have entirely new meanings, and high-quality property and facilities management will be more important than ever.

Interaction is a key catalyst for innovation. The physical office and classroom space will continue to facilitate interaction and collaboration and, ultimately, personal health, well-being, and productivity. But it will look different. Flexibility will be critical to accommodate rapid change in these built environments. For some institutions, the Learn/Work from Home (L/WFH) policy will continue. But touchdown points catering to face-to-face or large group meetings promoting connections and collaboration will still be needed. Social connections will remain an important necessity. Beyond indoor spaces, outdoor amenities may rise in significance without daily trips to an office or classroom and the social interaction those experiences bring.

Bringing offices, universities, military, and health institutions back “online” could be vulnerable to the secondary waves of contagion. Those with dining, living, or other spaces that cater to large groups must be reevaluated and ensure adequate social distancing so they can safely function.

New automation and voice technology such as Amazon’s Alexa might help eliminate “touch factors” such as doors, lights, and elevators. New space plans mandating social distancing for open offices and common areas will be needed, including every-other-desk occupancies.

BY BENEDICT H. DUBBS, JR., AIA RA, LEED AP



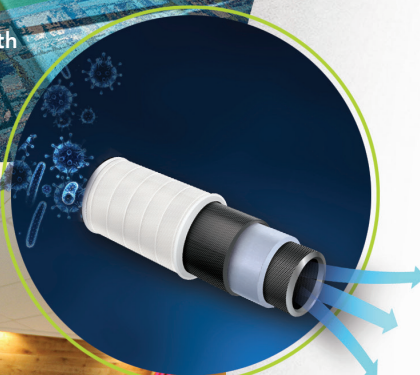
Planned Spacing of workstations with additional clear plexiglass shields.
Pennsylvania Housing Finance Agency (PHFA)



Biophilic Design utilizing a living wall,
Bloomsburg University



Designated "One-way" stair egress



Adding sanitation stations in common spaces and documentation of the more frequent cleaning schedules will be required. Staggered workforce and class schedules, limiting the number of people in a space at a certain time, capacity signage, and fewer chairs in meeting rooms or classrooms are quick and easy fixes.

A crucial element of returning to the office or classroom is understanding the occupants' needs and maintaining communication. Significant collaboration will be needed between building owners, administration, tenants, employees, and governments to address the challenges that lie ahead.

We suggest utilizing our Distancing Design Best Practices, which we call the "Three R's to Reenter the Built Environment." They are as follows:

- 1** Review
- 2** Recommend
- 3** Retrofit



1 Review / Analyze Current Spatial Conditions

Analysis considers safety and any other opportunities for functionality plus full assessment of all building systems, including air and water quality issues, in buildings that have been vacant. HVAC systems should produce healthy indoor environments where pathogens are filtered, diluted, and removed from the occupant breathing zone.

2 Recommendations for Reentry

Processes, protocols, clear workable agreements, and rules of conduct must put the safety of everyone first. Clear communication and education will ensure a smooth reentry with new guidelines and expectations. We suggest designating a small core team for all company/institution communications to maintain a consistent message for a smooth journey into today's new normal. Facility managers may want to refer to IFMA (International Facility Management Association) guidelines and protocols for further information.

Workplace layouts and employee densities must be carefully considered to address some forms of social distancing, whether by mandate or preference. Estimating usage, monitoring density and flow, and creating flexibility to adjust protocols will be critical for reentry. New work-flow diagrams will allow people to walk safely through spaces avoiding congestion points.

For example, single way directional flows should be implemented, such as different staircases for ascending and descending traffic. These specific plans should be visually displayed for all inhabitants to utilize properly. Depending on the size of an organization, scheduled lunch or dining shifts can alleviate clustering around kitchens, microwaves, and dishwashers.

3 Retrofit / Reimagine the Built Environment

While social distancing may seem, hopefully, a temporary action, an eye toward open spaces that enable and encourage people to spread out, may be a better option. While physical barriers will be used in the short term, a more long-term architectural solution can be developed with space planning.

Common areas must ensure adequate space for social distancing between occupants. New furniture with antimicrobial fabric or material may be needed and adapting workstations for all employees to work safely will be required. In addition to these general retrofits, other new building upgrades may be required such as negative air pressure systems to prevent the spread of future infections.

Building occupants can encourage health by installing temperature check stations. Handwashing must be approached as both an infrastructure and a behavioral issue. Water temperature, vigilant refilling of soap dispensers, touchless hand dryers, and dynamic signage should be mandatory in bathrooms.

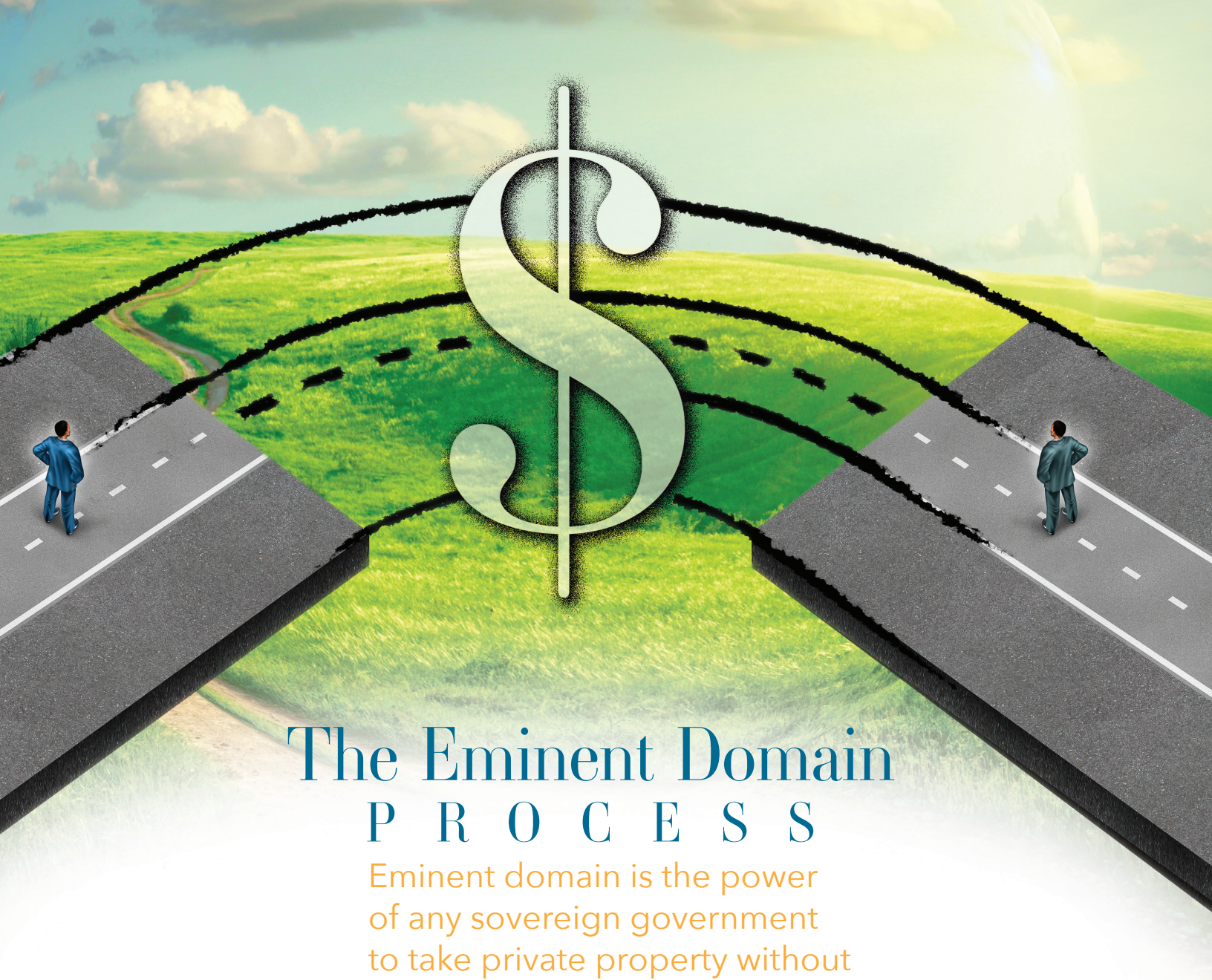
Implementation of biophilic design principles, which connect occupants to nature, is proven to have an immediate, positive impact on mental health. A living green/plant wall or a nature-based wall covering are two examples of ways to positively improve the human experience in the built environment. 😊

What we do over the next six to 12 months can ensure that our communities get up and running again while protecting against similar scenarios in the future.

We hope that some of these ideas will assist your organization as it transitions into this post COVID-19 era.



Benedict H. Dubbs, Jr. AIA RA, LEED AP has been a Principal since 2000 and leads Murray Associates Architects, P. C. with over 30 years' experience. He is involved in most project phases, with focus on programming, interiors, and sustainable design. Benedict is currently a member of the Corporate Affiliate Working Group for the Association of Independent College and University Association (AICUP), the Urban Land Institute (ULI), and Preservation Pennsylvania. For more information, email him at ddubbs@murrayassoc.com or visit www.murrayassoc.com.



The Eminent Domain P R O C E S S

Eminent domain is the power of any sovereign government to take private property without the consent of the owner.

This is a necessary power of government. The power, or rights of people, exceed the power of the individual. An example of this is the need for infrastructure required for society to function, such as highways, bridges, and pipelines.

Condemnation is a term often associated with eminent domain. The distinction is that eminent domain is the power, or right, to take property for public use and necessity; condemnation is the act of doing so.

The first recorded history of the use of eminent domain goes back more than 3,000 years. King Ahab had a palace in Jezreel that was an adjacent to a vineyard owned by Naboth. The king asked Naboth to give him the vineyard with an offer to pay him a fair price or give him a better vineyard, but Naboth said no. The king was so angry and depressed that eventually his wife Jezebel arranged to have Naboth murdered. Then she told Ahab, "Naboth is dead. Now go and take possession of the vineyard which he refused to sell to you."



There are limitations on the power of eminent domain.

Unlike other countries, the United States of America has placed limitations on the taking of private property for public use and necessity. The limitations are constantly under scrutiny and the law continues to evolve. The four sources of law used when exercising the power of eminent domain are the Constitution, regulations, statutes, and case law.

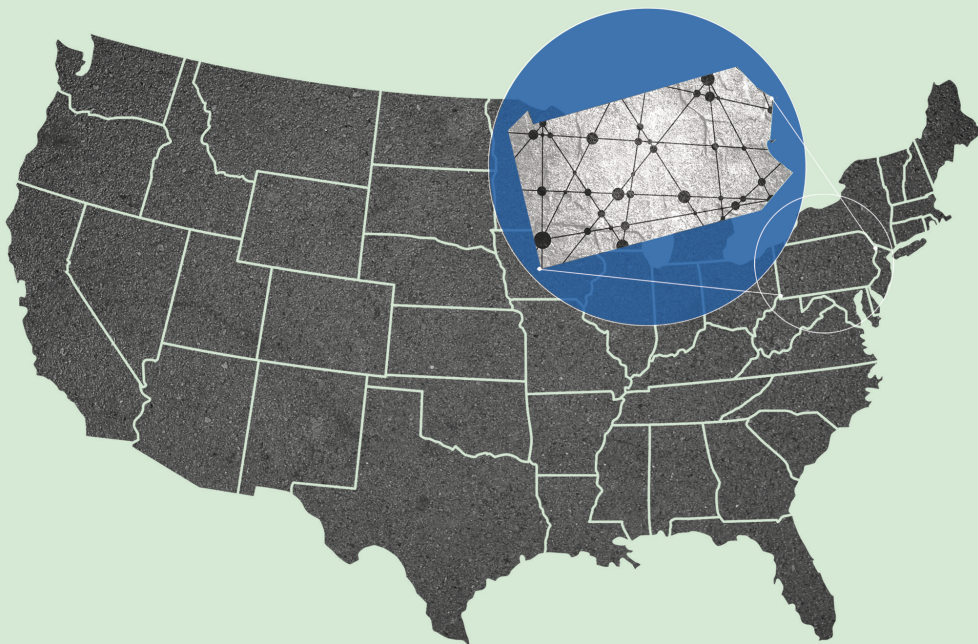
Federal Constitutional limitations are found in the Fifth and 14th Amendments. The Fifth Amendment to the Constitution, which was a part of the Bill of Rights, contains a listing of personal rights and protections including, ***"Nor shall private property be taken for public use, without just compensation."*** The 14th Amendment was added to the Constitution after the Civil War. Prior to the 14th Amendment, many states limited or deprived their own citizens of rights and protections under the Constitution believing they had the sovereign right to do so: ***"...nor shall any State deprive any person of life, liberty, or property, without due process of law..."***

Each state is different, and each state constitution can place additional limitations on the power of eminent domain.

The Pennsylvania Constitution provides language like the Fifth Amendment: ***"Nor shall private property be taken or applied to public use, without authority of law and without just compensation being first made or secured."***

The role of regulations is to assist in the implementation of the intent or purpose of legislation. Regulations are intended to comply with the applicable statutes and cover the subject matter in greater detail.

Both federal and state statutes can limit the power of eminent domain. For example, a state cannot acquire more land than is needed to build a project. Prior to passing of the Pennsylvania Eminent Domain Code, Title 26 in 1964, there were 67 different methods of acquiring private property for public use in Pennsylvania, because each of the 67 counties had their own set of regulations.



BY R. SCOTT BARBER, PHILIP J. SWARTZ AND CAROL A. MYERS



Ultimately, it is the court that determines just compensation and how the power of eminent domain is applied. This is known as case law. Case law includes decisions written by an appellate court, is the most prolific source of law, and can overturn both statutes and regulations.

The formal condemnation process in compliance with all applicable law in Pennsylvania is accomplished by the filing of a Declaration of Taking under the provisions of the Eminent Domain Code. Except for unique circumstances such as certain Pennsylvania Public Utility Commission (PUC) actions and support coal within the jurisdiction of the Pennsylvania State Mining Commission, the Eminent Domain Code provides the exclusive provisions governing all formal takings in Pennsylvania no matter the agency or government entity. Two types of legal authority are required to file a Declaration of Taking: A condemnor must have both general statutory authorities to exercise the power of condemnation and specific authority to file the Declaration of Taking.

It is imperative that agency employees and those working on behalf of an agency with the power of eminent domain be fully aware and apply the requirements under the federal and state constitutions, regulations, statutes, and case law. There are 19 federal agencies such as the Federal Highway Administration (FHWA), Federal Energy Regulatory Commission (FERC), Housing & Urban Development (HUD), Federal Aviation Administration (FAA), and others. States do not inherently have the power of eminent domain. For example, a state department of transportation (DOT) that is



funding a project with federal and state funds is required to enter into an oversight agreement every five years with FHWA to give the state DOT the authority to exercise eminent domain, subject to audits by FHWA. Transmission projects for gas pipelines, electrical lines, etc. fall under the PA PUC, but once a transmission project crosses state lines it then falls to the oversight of FERC. Not following the laws, regulations, statutes, and case law can result in the loss of funding for a project and the project not being built.

To recap, eminent domain is the right to acquire private property for a public use, and condemnation is the process. Neither term should raise alarm; in fact agencies want to settle with property owners on an amicable basis and there are times when both the agency and property owner enter into a “**friendly condemnation**” to meet the timelines to clear a project for construction. The term **clear** means that an appraisal report was prepared and approved to set a basis for an offer of compensation; an offer must be presented to the property owner, the money has been paid or the amount deposited into court, and the agency has possession of the property so that a contract can be let to a construction company. An average rate for filing a Declaration of Taking on a project is usually 10% or less with many post-condemnation settlements. Certainly, all property owners have remedies under the law.

If you are acquiring property for projects that possess the power of eminent domain, you need to know: which agency has the authority over the project, what are the funding sources; and most importantly, what laws, regulations, statutes, and case laws apply in the jurisdiction of the project. 😊



Appraisal Review Specialists, LLC (ARS) has been providing Appraisal Review Services as an organization since 1997. They have developed a team of appraisers and Review Appraisers with extensive experience in eminent domain appraisal review. Mr. R. Scott Barber, Partner, previously held the Chair position on the West Virginia Appraiser Licensing and Certification Board and Chair of the West Virginia Standards Committee. Mr. Philip J. Swartz, Partner, is currently one of eight review appraisers in the United States pre-approved for technical review assignments for the USDA/NRCS Programs. Mrs. Carol A. Myers is a certified instructor for the International Right of Way Association; and has authored instructional course materials.

For more information, visit
www.appraisalreviewspecialists.com.





DEVELOPMENT

Construction and development projects are most often categorized by their end use and by whether they are speculative. Another important way to categorize projects is by their land use or land development patterns, with categories like greenfield development, infill development, and redevelopment. Ratings systems, such as LEED (Leadership in Energy and Environmental Design), divide project sites along similar lines: greenfield or previously developed.


The Potential of Adaptive Reuse

The development of agricultural land or previously undeveloped land is referred to as greenfield development. Infill development occurs on previously developed land and/or land with adjacent development density. The subject of this article, adaptive reuse, is a subset of redevelopment. Redevelopment always occurs on previously developed land and may or may not include reuse of buildings.

WHAT IS ADAPTIVE REUSE?

When a business or institution leaves a facility, it is ideal if a similar building user can take advantage of the features programmed and already built there, as a simple reuse. Unfortunately, there usually is not a Goldilocks occupant in waiting. For buildings with specialized features, this is especially true. We see these vacant places in our communities: malls left behind by changing consumer habits and schools outgrown and vacated by changing demographics. Sometimes these places are redeveloped after razing them. Adaptive reuse follows a more sustainable approach to redevelopment, by making changes so that it is possible to reuse what already exists. Aircraft hangars can become operations buildings; factories can become offices; schools can become apartments; shopping malls can become distribution centers, and so on. Elevated rails have even become parks!


BY STEVE KNAUB



As a general trend, analysts observe and predict redevelopment's market share increasing. While regional conditions vary, environmental impact and the effects of sectors building-out are universal. In some regions, predictions like that of Deloitte Real Estate Manager Saurabh Mahajan are not far-fetched: "Estimates suggest that new development in the next decade will likely be minimal, and 90 percent of the development will likely be focused on renovation and adaptive reuse of existing buildings." History has also been a reliable predictor of how these trends are affected by cycles of economic upturn and downturn. Based on the unfortunate economic effects of the pandemic, redevelopment, including adaptive reuse, is likely to surge in market share for the near future.

To prepare for a greater focus on adaptive reuse, the construction industry should become familiar with the benefits, challenges, and opportunities of this potential shift.

BENEFITS OF ADAPTIVE REUSE



Adaptive reuse is normally substantially more economical than comparable new construction; often it is more economical than even the most expeditious new construction. The economics of alterations and renovations, relative to new construction, are one of the reasons adaptive reuse gains market share in adverse economic conditions. Depending on location and cultural significance, adaptive reuse projects sometimes are eligible for tax incentives and grant monies, too. "Continually maintaining a good portfolio, as well as reuse expertise, helps to position a firm to weather varying economic conditions."

While new construction must meet all current standards, often the regulatory burden on reuse projects is smaller. Standards for repair and alteration of existing buildings are modified by the IEBC (International Existing Building Code) for technical feasibility, and costly and time-consuming land development review processes can sometimes be avoided altogether.

With rare exception, the greenest (most sustainable) building is the one that is already built. Adaptive reuse projects can have among the lowest environmental impacts. They reduce pressure on open lands, avoid the environmental disruption of land clearing and excavations, and avoid most of the newly harvested materials and embodied energy associated with new construction. Sometimes the choice to reuse keeps a building out of the landfill, too.

In addition to the above, adaptive reuse has the possibility of preserving community and historical resources. While exurban investment has often had a chilling effect on existing communities, adaptive reuse reinvestment usually helps to maintain or even revitalize communities. For buildings with cultural and historical value, unique architectural features usually considered too expensive to create today can provide a one-of-a-kind image or space for a client.

Location can be a driving factor in deciding to go the route of adaptive reuse, too. If a client is committed to a certain area, but land is not available, converting an existing building is the next best thing!

CHALLENGES WITH ADAPTIVE REUSE

With all of adaptive reuse's advantages, like anything, there are trade-offs. Structural constraints are one of the most frequently encountered and difficult to change features in existing buildings. Low ceilings, inconveniently located bearing walls, or excessive columns in old industrial spaces, can make design and construction more difficult. Aged or inappropriate mechanical and electrical systems are also common. New electrical equipment and wiring are sometimes needed for safety, and systems to heat, cool, and ventilate may need to be rezoned, decentralized, or centralized.

When considering a building to adapt, research and/or budget line items should be undertaken for hazardous materials remediation and for repairs to deferred maintenance items.

While adaptive reuse projects can often avoid sitework and its approvals, they may be traded for other oversight and effort. In urban locations, sites can be constrained, making staging and work more difficult, and within HARB (Historical Architectural Review Board) Zones, additional standards and approvals affect building facades.





ADAPTIVE REUSE OPPORTUNITIES

Mall Configuration

As eCommerce continues to dominate buying habits, traditional retail spaces like found in shopping malls are closing leaving massive square-footage unoccupied. Roughly 30% of enclosed malls in the United States are either dead or dying, according to Ellen Dunham-Jones, architect and professor at Georgia Tech.

As part of the larger trend of adaptive reuse, mall reconfiguration has given libraries, medical centers, and even schools new homes. More recently, an emerging trend is the conversion of malls into senior living facilities. Storefronts can be converted into eateries, convenience stores, banks, and other amenities. Large department stores can be converted into housing or space for group activities and gyms. Store space could also serve as amenity space. Projects can also take advantage of excess parking areas to add housing options like cottages or luxury apartment-style buildings or additional amenities. With thoughtful design, previously car-oriented sites can become pleasantly walkable for residents.

Vacant malls and large box stores are also being converted into churches, warehouses, homeless shelters, and other non-profit-related service buildings.

Urban Adaptive Reuse

One of the more common types of urban renewal projects is mixed-use. Mixed-use includes adapting former commercial office space into luxury apartments, retail locations, as well as cultural amenities. These spaces attract those interested in downtown living and the ease and accessibility it brings. Former factory spaces are transformed into residential and commercial mixed-use spaces and help further economic development efforts.

Urban adaptive reuse projects help to build community and revitalize downtown areas. Many people in today's culture enjoy living in urban spaces where they can live, work, and have fun. Roughly 55% of the world's population live in urban areas and this number is expected to increase to nearly 70% by 2050. Breathing new life into a deteriorating building to make a new restaurant or living space meets the demands of the current generation's desire for a city lifestyle.

College campuses

While a portion of colleges are facing a plateau or decline in admission rates, some are seeing this as an opportunity to completely change the campus culture. Adaptive reuse on college campuses makes space for much needed senior living residences. Senior citizens are taking up residence among students on campuses, filling vacancies in what used to be dorm buildings or other vacant buildings on campus.

Brian Carpenter, professor at Washington University in St. Louis, studies the psychology of aging. He shared in an interview that this new style of mixed community living has great potential. "This is a strategy to help enhance alumni loyalty and expand the ways alumni can connect to their alma mater," he states, "and there are also development opportunities for the universities."



ADAPTIVE REUSE IN ACTION WITH MOWERY

Mowery is proud of our role in urban revitalization. Sometimes our work is simple renovation or improvements without a change in use, but more often we are adapting buildings for new use. We have adapted spaces for restaurants, stores, dormitories, offices, apartments, churches, and other uses.

On Pine Street in Harrisburg, we recently combined our in-house Design Department's virtual reality capabilities with a project adapting office buildings into apartments. Interactive 360-degree rendered "photos" were created and used by our client as an early selling tool, before units were fitted-out for live 360-degree photos to be captured.

We are currently acting as both developer and design-builder for adaptive reuse of a vacant middle school into apartments in Lemoyne. Adaptive reuse, with a preservation-minded approach, will save a Market Street façade that is beloved by the community, give a substantial old building a second life, and add new customers for local businesses. Forty-six high-end apartments are planned with various amenities, including a park-like redesign of the site's generous front green and features to enhance bicycle transportation and recreation.

WHAT IS THE FUTURE OF ADAPTIVE REUSE?

Will adaptive reuse change after the COVID-19 crisis? Time will be the ultimate determining factor. However, here are a few trends that could be on the rise:

Office Buildings – Many businesses and government offices went heavily or completely to working remotely; some may continue operations with a larger degree of remote work. Office space may be a more common type of vacancy.

Warehouses – With ecommerce skyrocketing, companies may consider the last-mile warehouse model. Larger buildings like vacant retail spaces can be turned into smaller warehouses that are an in-between space to help speed up the shipment process.

Retail Spaces – We are witnessing the unfortunate permanent closures of physical locations of weaker brands. The secondary effect will likely be reduced retail construction; other effects may include additional adaptive reuse opportunities suited to vacated retail.

While some projects are best suited for new construction, many projects are great candidates for adaptive reuse. Investing in and revitalizing existing spaces has a positive effect on communities, including economic growth, job opportunities, and open space preservation. As we move forward in the coming years, the landscape of adaptive reuse shows great potential and may even be more of a leader in the construction industry. 🌟



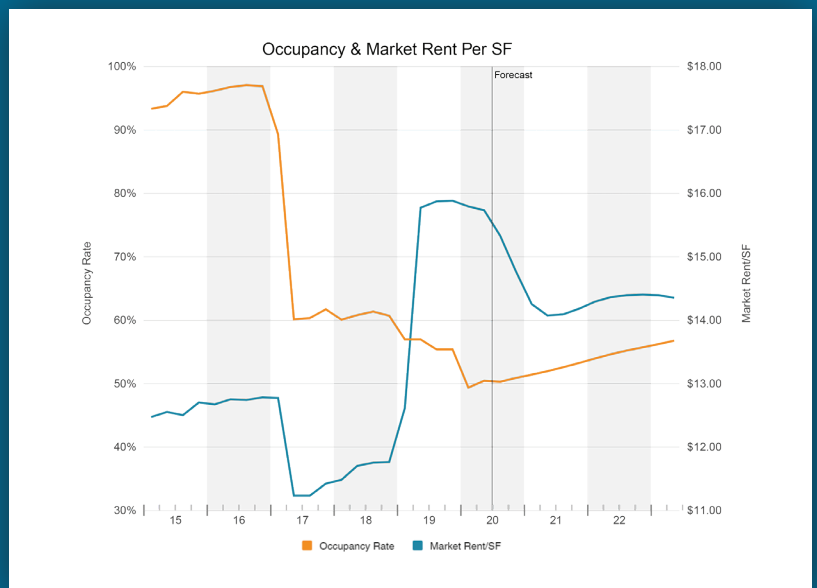
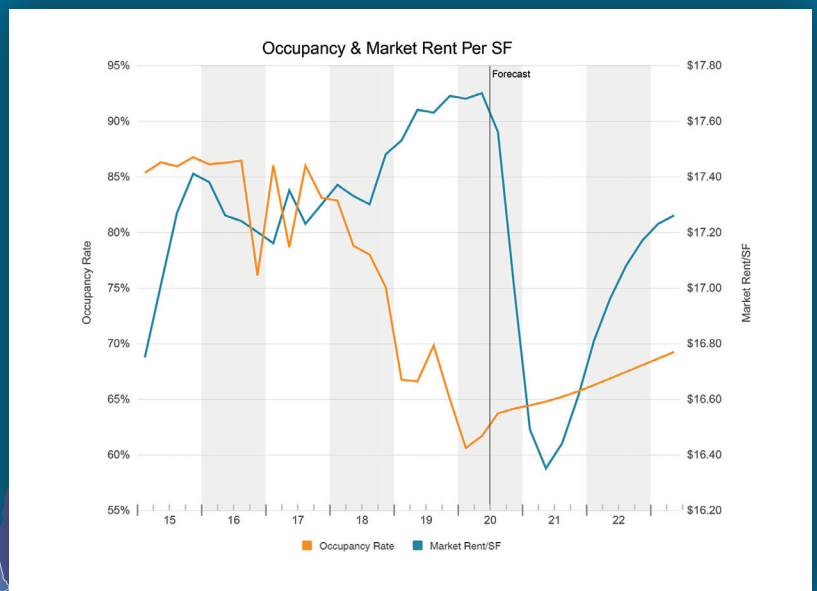
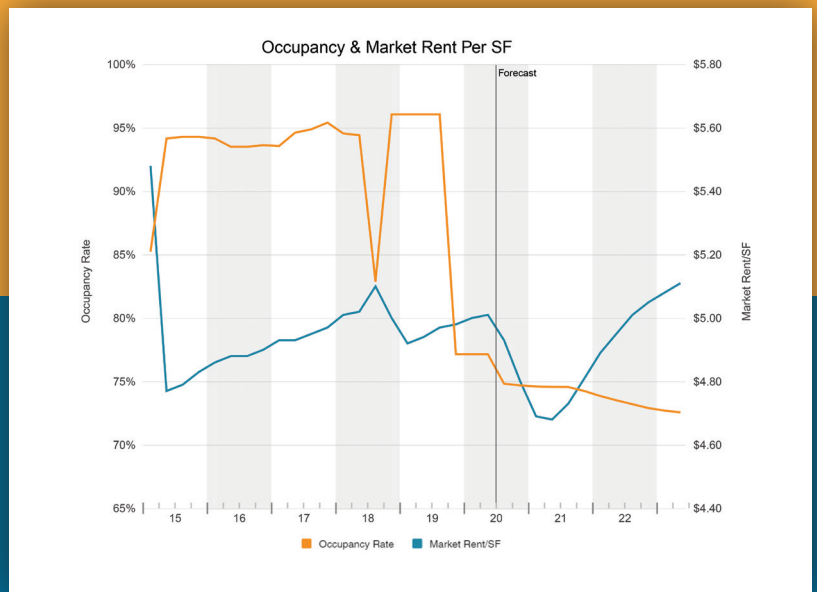
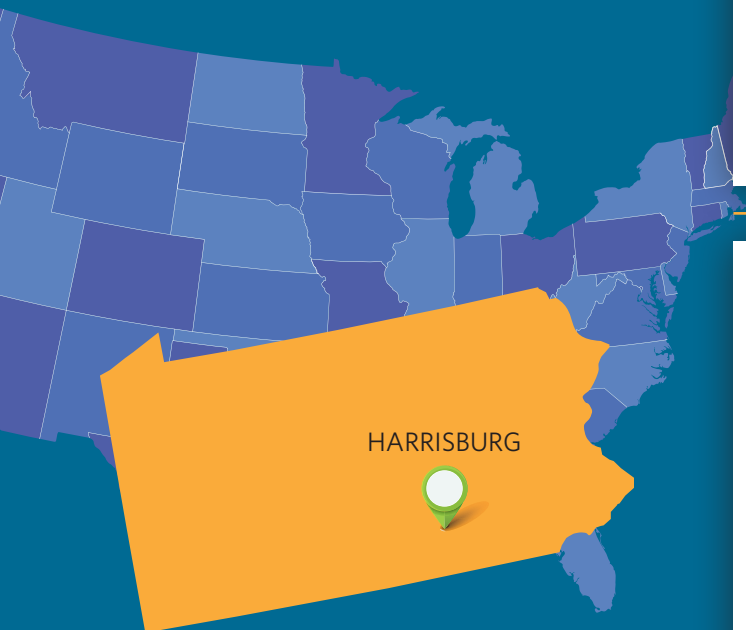
Steve Knaub, Director of Design at Mowery, LEED AP Architect and PA Registered Architect, leads Mowery's multidisciplinary internal design team for design-build project delivery. With over 20 years in the construction industry, Steve is responsible for managing all in-house design efforts, design schedules, and for managing owners' project requirements. His team's close coordination with operations continues in the construction phase, including material reviews and providing solutions for field conditions. You can reach him at or (717) 590-8342 or sknaub@rsmowery.com. To learn more visit www.rsmowery.com.

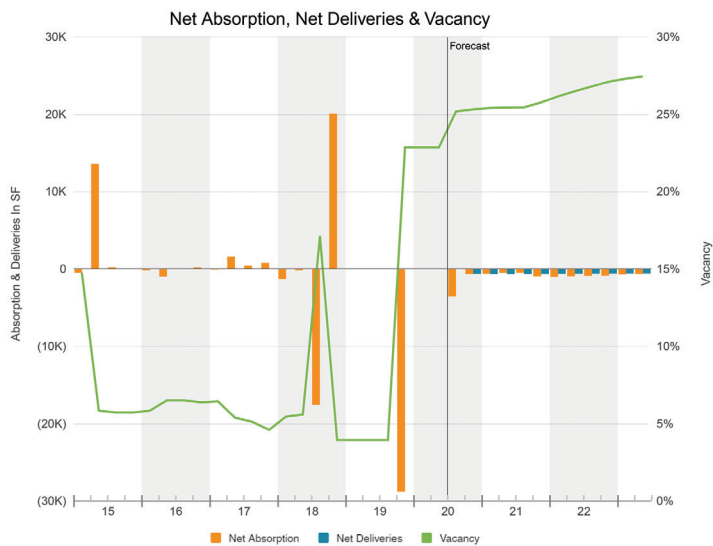


Regional Data

REGIONAL DATA

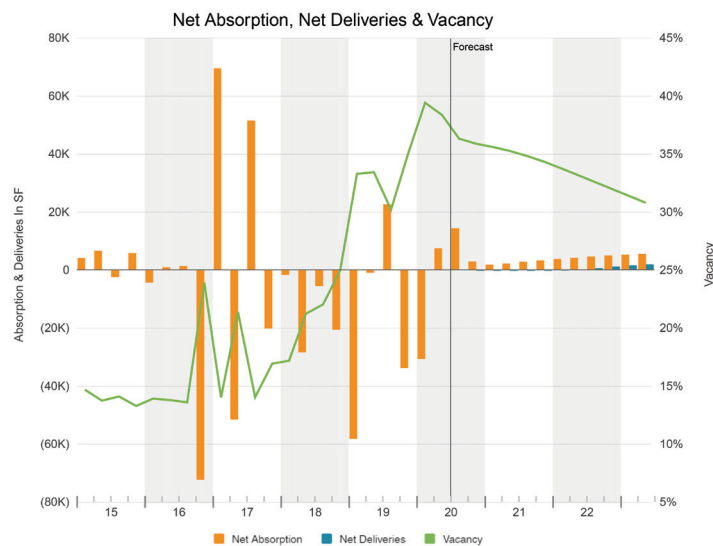
In an effort to bring our readers pertinent information regarding commercial real estate in the Greater Harrisburg Area, we are including the following graphs as part of the *Commercial Real Estate Review*.





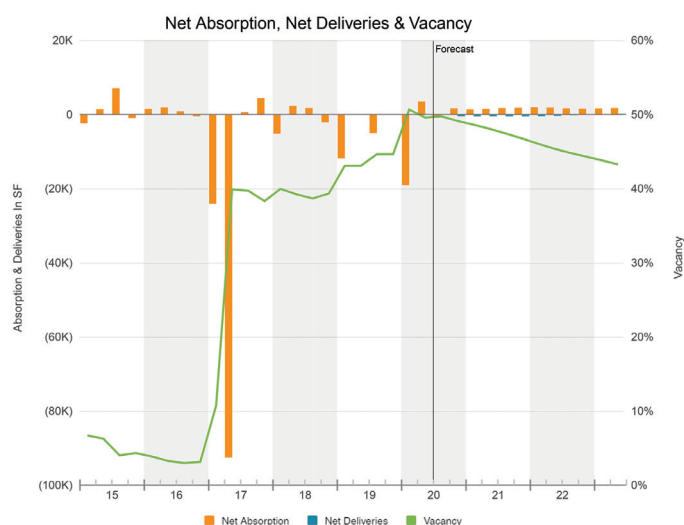
Industrial

HARRISBURG - PA	\$7.6 B ASSET VALUE
Inventory SF	102 M ↑
Under Construction SF	3.8 M ↓
12 Month Net Absorption SF	1.2 M
Vacancy Rate	8.9% ↑
Market Rent/SF	\$5.78 ↑
Annual Rent Growth	4.7% ↑
Market Sale Price/SF	\$72.00 ↑
12 Month Sales Volume	\$549M ↑



Office

HARRISBURG - PA	\$4.6 B ASSET VALUE
Inventory SF	35.8 M ↓
Under Construction SF	67.8 K
12 Month Net Absorption SF	(60.3 K)
Vacancy Rate	6.4% ↓
Market Rent/SF	\$17.59 ↑
Annual Rent Growth	0.8% ↑
Market Sale Price/SF	\$127 ↓
12 Month Sales Volume	\$170 M ↓



Commercial/Retail

HARRISBURG - PA	\$4.1 B ASSET VALUE
Inventory SF	33.7 M ↑
Under Construction SF	91 K ↓
12 Month Net Absorption SF	43.5 K
Vacancy Rate	6.3% ↑
Market Rent/SF	\$14.83 ↑
Annual Rent Growth	0.1% ↑
Market Sale Price/SF	\$120 ↑
12 Month Sales Volume	\$122 M ↓



GRASTON TECHNIQUE



MEDICAL CORNER

Have you ever had a nagging ache, pain, or tightness that hangs around too long and keeps you from enjoying life? Physical therapists use many different techniques and tools to help people return to normal pain-free function: Land or aquatic exercises, manual techniques, and modalities such as ultrasound, laser, and electrical stimulation can all be part of a treatment plan. While many approaches are familiar to most people, not too many have heard of the Graston Technique.

Graston is a type of instrument-assisted soft tissue mobilization that improves range of motion while reducing pain, leading to a return to normal function. The Graston Technique utilizes stainless steel instruments to address fascial restrictions and soft tissue lesions, also known as stubborn injuries, and can help break down and realign

BY LAURA L. JACOBS, DPT



scar tissue. It has been shown to increase blood flow and trigger your body's natural healing response. When normal, healthy tissue is damaged, the body often heals it in a haphazard manner, leading to restricted movement and pain. These are the areas where the Graston Technique can be beneficial.

You may be wondering why tools that look like knives would be a good idea to treat pain or motion restrictions. Basically it means the therapist uses instruments to perform soft tissue work instead of their hands. This "technique has been proven through research and in the clinical setting to be very effective. I have been using the Graston Technique in my practice for about six years and have used it to successfully to treat a widespread of conditions, including plantar fasciitis, Achilles tendinitis, tennis elbow, and lower back pain.

The instruments help keep the therapist's hands injury-free while setting patients on the path to healing. These instruments allow the therapist to detect things they normally wouldn't be able to feel with just their hands, such as the vibration and texture changes in the underlying tissue. It's a great technique because the patient can be involved. During treatment, patients are able to feel a grittiness in injured areas, and over multiple treatment sessions they are able to feel how it changes and smooths out. While undergoing treatment, patients are allowed and encouraged to keep performing normal activities as long as they are performed without pain.

There has been a lot of research performed on the Graston Technique that shows positive outcomes in the majority of all conditions treated when performed correctly and with good compliance from the patient. The technique sometimes gets a bad reputation for being painful and causing post-treatment bruising. Occasionally this occurs, but treatment can be adjusted to minimize this. If you have ever had a deep tissue or sports massage, you might have been a little sore or tender the next day. Graston is the same way.

Where on the body can you use the Graston Technique? I get asked that question often and my answer is "Pretty much anywhere!" The most common applications are for neck pain, shoulder pain, tennis elbow, carpal tunnel syndrome, lower back pain, hip pain, IT Band (iliotibial band), knee pain (such as runner's knee or jumper's knee), shin splints, ankle pain, and foot pain. It can also be used on old scars resulting from a knee replacement or a C-section. It doesn't matter how old or new the injury is, treatment can be adjusted to aid in your rehabilitation.

One of the best features of this technique is that it can be used on all people of all ages and at all activity levels. Whether your goal is to run a marathon or play with your grandkids, there is a great chance this technique will get you back to living life the way you want to! 🧡



Laura L. Jacobs, DPT attended Duquesne University and graduated in 2011 with a doctorate in Physical Therapy. She has specialized in outpatient orthopedic physical therapy over the last 8 years. She is also certified in the Graston technique for soft tissue mobilization and works with patients with Ehlers-Danlos Syndrome. She takes pride in improving the quality of life of her patients through her treatment techniques. When not at the clinic working with patients, Laura loves road and trail running, hiking with her dog and husband and spending time outdoors. Contact her at (717) 591-3000, or laura.jacobs@fyzical.com. To learn more visit www.fyzical.com/mechanicsburg.





CURRENT LISTINGS

GROW YOUR BUSINESS BY EXPANDING INTO
ONE OF THESE LISTINGS FOR LAND, COMMERCIAL,
OFFICE, INDUSTRIAL OR INVESTMENT SPACE.

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**NEW
SALE**

55 E. Main Street, Mechanicsburg

3,166 SF three-unit apartment building available in the Borough of Mechanicsburg. Each apartment consists of one bedroom, one full bathroom, a living area and kitchen. Two of the three apartments are leased and have been well-maintained over the years.

**NEW PRICING
SALE**

905 E. Chocolate Avenue, Hershey

5,436 SF - 15 unit Travel Inn is ideally located off E. Chocolate Avenue with excellent roadside visibility and is moments from the Hershey attractions. This facility is made up of (2) buildings consisting of 10 exterior guest rooms, 5 apartments and a spacious on-site manager's suite with three bedrooms, living area and kitchen. The Hershey Travel Inn has been renovated over the years and also has solid revenue history for many years.

**NEW
SALE**

90 Kempton Avenue, Harrisburg

4,024 SF four unit apartment complex. Each apartment consists of two bedrooms, one full bathroom, a living area and kitchen. Property has been well-maintained over the years. To be sold together with 5630-5638 Lancaster Street, Harrisburg.

**NEW
SALE**

2719 Agate Street, Harrisburg

The entire retail center, four suites totaling 6,900 SF, is available in this high traffic retail investment within the City of Harrisburg. Property is well-maintained and fully leased. Tenants are long-term and match very well providing needed services to this area.

**NEW
SALE**

5630-5638 Lancaster Street, Harrisburg

9,840 SF nine unit complex consists of eight unit, 2-bedroom apartments and one two-story house. Property has been well-maintained over the years. To be sold together with 90 Kempton Avenue, Harrisburg.

REAL ESTATE REVIEW



LAND LISTINGS



SALE

Kriner Road, Chambersburg

4.64+/- Acres available located near major industrial distribution centers; CSX Inter-modal Terminal, Target, KMART, Nitterhouse Concrete Products. With over 400' of exposure to I-81 and over 400' of frontage on Kriner Road.



**NEW PRICING
SALE**

100 Narrows Drive, Lebanon
NEC of US Route 422 and Narrows Drive

New pricing! 2.2+/- acres at the intersection of Route 422 and Narrows Drive adjacent to Holiday Inn Express. Site has level topography, stormwater management plan already approved and driveway permits from the township. All the site needs is a user to obtain plan approvals for their building and parking.



SALE

Eisenhower Boulevard, Harrisburg

Over 5 acres of relatively level land with 770' of frontage on Eisenhower Boulevard. Property is located next to Cindy Rowe Auto Glass and close to the PA Turnpike and Route 283. Great for a commercial or retail user.



**PENDING
LEASE**

Gettysburg Pike &
Spring Lane Road, Dillsburg

14.92 Acres available in this developable site adjacent to restaurants, convenience stores, offices, and many residential units. Property has good highway visibility and access via a traffic controlled intersection.



SALE

453 Jonestown Road, Jonestown

Over 2 acres of commercial land located just moments from Route 72 and Route 22 and quick connection to I-81 and I-78. Two-story home on the property could be utilized or removed for a redevelopment opportunity. Excellent access and visibility from heavily traveled Jonestown Road.



SALE

Route 441 & Orchard Drive, Harrisburg

8.34 Acres available with controlled intersection and utilities on-site. Ideal opportunity for a church relocation or home business on this vacant parcel. Close to the Harrisburg Mall, TecPort Business Campus and great access to Route 283, I-83 and the PA Turnpike (I-76).

NEW PRICING SALE



7700 Derry Street, Lot #4, Harrisburg

1 Lot remains - 2.12 acres available for sale. Take advantage of current interest rates and join in on the expansion of this prime location between Hershey and Harrisburg. You can spec design your next space from the ground up. Flexible zoning allows for a variety of commercial, office and light flex uses. Easily accessible to US Route 322 and all of the Central PA highway network. **Price reduced!**

PENDING SALE



Eisenhower Blvd & Highspire Road, Harrisburg

Nice 10-acre site on Eisenhower Boulevard with easy access to Route 283, I-83 and PA Turnpike (I-76). This site is surrounded by commercial, retail and industrial development and the Commercial General zoning permits virtually any of these like uses for future development. **New pricing!**

SOLD



Bent Creek Blvd, Lot 2, Mechanicsburg

2.02 Acres available in highly visible corner at the entrance at one of West Shore's most prominent business parks. Being at a corner with a traffic light and within close proximity to the Wal-Mart and Giant shopping centers, this tract offers a great location for a variety of retail/commercial uses.

NEW PRICING SALE



Allentown Boulevard, Harrisburg

17+ Acres available for sale along busy Allentown Boulevard with over 2,200' of frontage. Zoned Commercial Highway (CH) with multiple uses being possible. **Price reduced!**

SALE



730 Limekiln Road, New Cumberland

Over 8 acres of land available within a 1/4 mile of the Limekiln Road exit off I-83. Good for a variety of commercial uses. Some visibility to travelers going eastbound on the PA Turnpike. **Price reduced!**



LAND LISTINGS

SALE



1301 & 1345 Eisenhower Boulevard, Harrisburg

1.77 & 4.46 Acres available on Eisenhower Boulevard in Harrisburg. The available land is located in the retail, commercial and industrial sector of Harrisburg, just one mile from the Pennsylvania Turnpike/I-76. The 4.6 acres is situated at a traffic-controlled intersection of Quarry Road.

PENDING

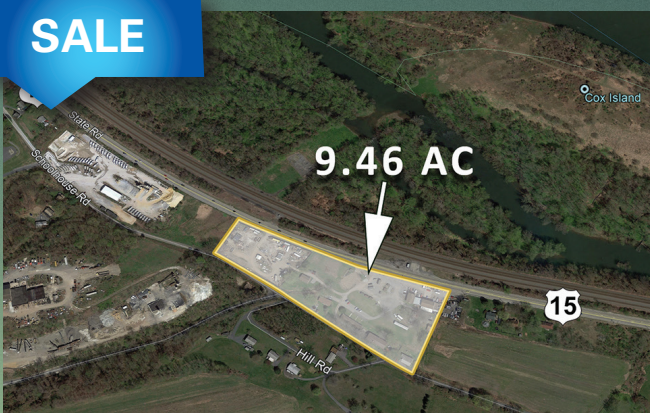
SALE



349 Pleasant View Road, New Cumberland

Nearly 46 acres of land with visibility and quick access to I-83. Property is zoned Commercial Business which allows a variety of uses. The parcel can be sub-divided to 5 acre lots. Water is available adjacent to site. **Price reduced!**

SALE



1900 State Road, Duncannon

9.46 Acres of level land with great frontage and visibility along Route 11/15. Property is zoned Commercial which allows a large variety of commercial, retail and business uses.

SALE/LEASE



370 W. Main Street, Leola

Two pad sites available in a growing area with high visibility and easy access. Join the new Rutter's Farm Store on Main Street/New Holland Pike in Leola.

SALE



Waterford Square, Carlisle Pike (Route 11), Mechanicsburg

Located on Mechanicsburg's rapidly expanding Carlisle Pike, Waterford Square is perfectly positioned to cater to the strong business growth in the area. Over 8.5 acres remain in the park. Excellent access to major transportation routes.

NEW PRICING

SALE



I-81 and W. Trindle Road, Carlisle

Two parcels for sale along W. Trindle Road, directly off I-81. Build on parcel 1 for maximum exposure. Additional parking as needed would be available on the 0.55+/- acre Parcel 2. **Price reduced!**

SALE



700 S. Baltimore Street, Dillsburg

5.23 - 57.5 Acres available made up of three parcels with great topography and accessibility from Baltimore Street (Route 74). Only moments from Route 15, a truly unique opportunity with a great country setting for a residential neighborhood. Properties can be sold together or individually.

SALE



503 Jonestown Road, Jonestown

7.91 Acres of commercial land located at a signalized intersection of Route 72 and Jonestown Road. Quick access to Route 22 and 322, and I-78.

SALE



W. Suncrest Drive and Spring Road, Carlisle

Four (4) land parcels available in the commercial/light industrial zoning of North Middleton Township. One lot has good access and visibility from Spring Road. The remaining three parcels are tucked in a cul-de-sac just off Cavalry Road.

PENDING
SALE/LEASE


7700 Derry Street, Lot #8, Harrisburg

2.3 Acres available at high traffic area at a signalized corner, adjacent to new Rutter's Farm Store, Members 1st Credit Union and Susquehanna Bank branches. Surrounding area is densely populated with residential, business and office parks, and other commercial/retail businesses. **Price reduced!**

SOLD



St. Johns Road, Camp Hill

Great opportunity to purchase a site zoned for professional/medical office use and commercial/retail use. There are many professional neighbors surrounding the site, including two business parks. Close location to the Capital City Mall and its surrounding commercial/retail neighbors. Quick connection to US Route 15 and the PA Turnpike (I-76).

NEW PRICING
SALE/LEASE


755 - 759 Kriner Road, Chambersburg

4.73 - 7.82 Acres available located between Chambersburg and Greencastle, PA off I-81, Exit 14, on Kriner Road across from the CSX Intermodal Terminal in Chambersburg, PA.



COMMERCIAL LISTINGS

SOLD



1024 Herr Street, Harrisburg

6,670 SF single-story flex space with good frontage on Herr Street. Property features several offices in the front portion of the building and a shop space in the rear with 12' clear ceilings and an 8'x10' drive-in door. The property is located just off Cameron Street with quick access to I-83 and I-81.

**PENDING
SALE**



1 N. 2nd Street, Newport

9,332 SF former bank (1st floor) centrally located on the Square. The second and third floors were apartments which will need total renovation and current permits to be occupied as rental units, but the space is there to accommodate this use in the building.

SOLD



260 Boas Street, Harrisburg

7,658 SF downtown Harrisburg church property for sale. Two-story brick building features a fully finished basement and an adjacent courtyard. The property is elevator serviced and the second-floor sanctuary holds approximately 250 people. Additionally, there is a fellowship hall and kitchen, classrooms and office. Built in 1881, this historic building features many architectural details.

SALE



301 N. Enola Road, Enola

This 18,000 SF building was constructed in the early 1940s and originally served as housing for those working at the Penna Railroad across Route 11/15. After that it was converted into an appliance sales and service center. The property features floor to ceiling windows in the retail area with views of the Susquehanna River. In addition to the spectacular view, you also get large rooms for plenty of storage or additional workspace, all on 1.31+/- acres.

**NEW
SALE**



7451 Paxton Street, Harrisburg

1,842 SF highly visible, freestanding building available along Route 322 with easy access to Hershey and Harrisburg. Building was recently remodeled and is in good condition. The entire site has also recently been repaved and there are over 75 unmarked spaces available.

NEW PRICING
LEASE


4647 Jonestown Road, Harrisburg

2,200 - 4,460 SF available in this popular retail site. Freestanding, updated building with great curb appeal and visibility on highly traveled street. Bright open floorplan on first floor and lower level floor features a separate entrance and drive-in door.

NEW PRICING
LEASE


5129 E. Trindle Road, Mechanicsburg

Brand new retail or office space along Trindle Road. Great visibility and parking. The 4,000 +/- SF is an open shell - ready for your finishing touches. **Price reduced!**

PENDING
SALE


650 S. Enola Road, Enola

5,600 SF well-maintained block building could be utilized by multiple services. The waiting/reception area flows into office and work space which continues into two sizable shop areas with five drive-in's total. Very good location - easy to see, very accessible and surrounded by other commercial users.

SOLD


16 E. Main Street, Leola

3,028 SF former bank site with good access (three points of access) and visibility. This freestanding commercial building offers excellent on-site parking and a versatile layout that would be conducive for office, medical or commercial users.



COMMERCIAL LISTINGS

NEW PRICING

SALE



2221 N. Sixth Street, Harrisburg

15,852 SF available in this historic church. It was founded in 1890, rebuilt in 1895 and expanded in 1916 as a memorial to Camp Curtin, the largest northern military camp of the Civil War. This church stands out as a prominent important architectural landmark for the city of Harrisburg and the region. The property features the ability to seat over 700 congregants, beautiful stained glass windows, one of the largest organs in Harrisburg, many offices and classrooms, and a large commercial kitchen with adjacent fellowship hall.

SALE



2801 N. Third Street, Harrisburg

62,621 SF available for sale in this stunning landmark in the City of Harrisburg. The Zembo Shrine Center was beautifully constructed with the Moorish Revival style architecture and has been well-maintained throughout its years. Over 300 lined parking spaces.

NEW PRICING

LEASE



415 Market Street, Harrisburg

5,918 SF available on the first floor in the Harrisburg Transportation Center in downtown Harrisburg. In walking distance to all the downtown restaurants, amenities, and Riverfront Park.

NEW PRICING

LEASE



418 Market Street, Lemoyne

1,282 SF available in highly visible location in Lemoyne. Store front windows and off-street parking available. Open floorplan will allow for variety of users.

SALE



453 Jonestown Road, Jonestown

Over 2 acres of commercial land located just moments from Route 72 and Route 22. Two-story home on the property could be utilized or removed for a redevelopment opportunity. Excellent access and visibility from heavily traveled Jonestown Road.

SOLD



6484 Carlisle Pike, Mechanicsburg

13,190 SF move-in ready retail space available for sale. Former furniture store located along a heavily traveled section of Carlisle Pike. This one-story building features a large, open showroom and small office and warehouse area.

SALE

25 Carlisle Street, Hanover

Stunning landmark in the Borough of Hanover available for sale. This former bank building, 7,382 SF, was beautifully constructed with great attention to detail and has been well-maintained throughout its years.

SOLD

1508 Derry Street, Harrisburg

18,355 SF available in this large, City church with the original structure constructed in 1906. The property features a parsonage, large sanctuary (300+ seats), a banquet hall and a separate educational building (constructed in 1957). On-site parking available.

NEW PRICING
SALE

1440 State Street, Camp Hill

4,019 SF single-story, freestanding commercial building on heavily traveled State Street in Camp Hill. The former NAPA store has an open floorplan which would allow for many commercial/retail uses. Good parking and excellent visibility are just a few of this site's notable features.

LEASE

611 N. 12th Street, Lebanon

Join Save-A-Lot grocery store in this newly constructed shopping center located in Lebanon City. Tenants can acquire one suite (25' x 64') or all five up to 8,000 +/- SF for retail or office use. The vanilla shell is ready for the finishing touches.



OFFICE LISTINGS

LEASE



1801 Oberlin Road, Middletown

120 - 5,074 SF available in this charming three-story stone structure with professional office tenants. Convenient access to both Harrisburg and Lancaster. Easy access to Harrisburg International Airport (HIA).

SUBLEASE



1801 Oberlin Road, Suites 302, 303, 304, Middletown

680 - 4,260 SF available at this charming three-story stone structure with professional office tenants. Great office setup featuring reception/waiting area, private offices with good views, a conference room, break room, and in-suite restroom. Convenient access to Harrisburg and Lancaster.

LEASE



208 N. Third Street, Harrisburg

145-4,542 SF available office space in a prime central business district location. This historic building faces the Capitol Complex with great window lines. All the downtown amenities are a few steps from the doors and parking is a block in every direction.

LEASE



4300 Devonshire Road, Harrisburg

Great corner location at Devonshire and Colonial Roads. The property is well-maintained and the available space offers multiple private offices, an open area, reception/waiting areas, a kitchenette and four restrooms. The suite could be divided into various configurations, depending on the need (maximum 2,800 - 3,500 SF).

LEASE



156 Cumberland Parkway, Suite 200, Mechanicsburg

1,843 SF first floor office space available in this Class A, high-profile building. The location offers easy access to Route 15 and the PA Turnpike (I-76), plus great local amenities. It is hereby disclosed that a partner in the ownership of this property is a licensed real estate salesperson in the Commonwealth of Pennsylvania.

NEW PRICING

LEASE



5275 E. Trindle Road, Mechanicsburg

Two corner suites offering functionality and usability are available. The east side office (4,545 SF) features perimeter offices with windows, a conference room, breakroom and in-suite private restrooms. The west side office (7,018 SF) has private offices and large conference room(s) lining the perimeter.

LEASE

30 N. Third Street, Harrisburg

1,449 - 20,193 SF Class A office building with many desirable features including a marble lobby and a skywalk to Strawberry Square, Walnut Street garage, Harrisburg Hilton, Whitaker Center, etc. The building is Energy Star Certified and utilizes the latest energy management systems for optimal energy efficiency. The building offers a 24-hour security system with on-site management. Located directly across from the Capital Complex and Federal Building and a few blocks from the City and County Administrative Offices/Courthouses.

LEASE

3 Kennedy Street, Lancaster

This 2,875 SF former bank has modern features and an intelligent layout for a variety of users. The design includes 3 drive-thru lanes (1 ATM), 4 private offices, conference room, and a break room. Located just minutes from the Route 30 interchange at Greenfield and Old Philadelphia Pike and Route 222.

NEW PRICING
SALE/LEASE

1001 S. Market Street, Mechanicsburg

2,380 SF available in this two-story professional medical office. Recently renovated with high quality finishes and an efficient floorplan. Desirable location in Southpoint Office Center at the intersection of Market Street and Shepherdstown Road and near Cumberland Parkway exit of Route 15.

SALE

1002 N. 7th Street, Harrisburg

This 8,286 SF former bank is located just moments from the heart of the business-friendly City of Harrisburg, less than 0.5 miles away from the Capitol and downtown restaurant and retail areas. The property features excellent on-site parking, an open first-floor layout and many private suites on the second floor.

NEW PRICING
LEASE

3507 Market Street, Suite 102, Camp Hill

Located within the heart of the West Shore, this aesthetically pleasing building has one 1,500 SF suite available for lease. The property is centralized on Camp Hill's main artery and is close to many restaurants and businesses.

LEASE

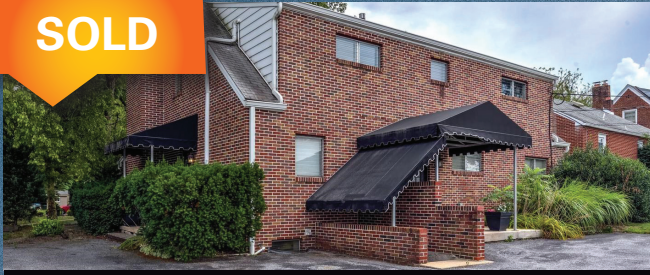
1773 W. Trindle Road, Suites B & D, Carlisle

800 - 885 SF available in this newly updated office space for lease along busy Trindle Road. Easy access to I-81 and the rapidly growing areas of Carlisle. Located right in the heart of new retail and adjacent to Target anchored Carlisle Crossing Shopping Center.



OFFICE LISTINGS

SOLD



— 3964 Lexington Street, Harrisburg

This 2,244 SF brick beauty has been updated and well-maintained. Located just one block off Jonestown Road, this office space features a waiting area, several private offices, a conference room and a full basement. The second floor has two open rooms and a full bathroom. Corner lot has on-site parking for 10+ cars. Ideal location for a daycare use due to its proximity to residential neighborhoods and layout.

NEW PRICING

LEASE



— 4386 Sturbridge Drive, Harrisburg

3,600 SF available – open floorplan. Newly constructed Class A office space for medical or professional use. Located along Linglestown Road (Route 39) with close access to lodging, Super Giant store, eateries, gas, banking, and all major transportation corridors. **Price reduced!**

PENDING

SALE



— 75 Evelyn Drive, Millersburg

10,984 SF well-maintained, large office building located just minutes from Routes 147 and 209. The functional layout offers the ability for a single user, or multiple users. The property boasts excellent parking, large windows and a versatile floorplan.

LEASE



112 Market Street,
Harrisburg

155 – 5,910 SF available in this great downtown location, directly across from the Dauphin County Courthouse. Easy access to all the downtown business and entertainment districts. The fifth floor suite was recently renovated with expansive views of the Susquehanna River. Parking is available in the Market Square Garage at market rates.

LEASE



800 N. 3rd Street, Harrisburg

Suites ranging from 200 – 1,490 SF available in prominent downtown office building across from the State Museum and one block from the Capitol Complex. This is a perfect location for attorneys and associations. On-site parking available to tenants at below market rates. Furnished suites available.

LEASE



415 Market Street, Harrisburg

Suites ranging from 266 – 4,453 SF on the second and third floors. Located in Enterprise Zone; permits professional offices, personal services and other common office use. In walking distance to all the downtown restaurants, amenities, and Riverfront Park. **HALF-PRICE RENT for the first year on a 3 or 5 year deal. (Promotion ends October 31, 2020.)**

**NEW PRICING
SALE**

5006 E. Trindle Road, Mechanicsburg

Condominium units now available for sale in this building. Two suites in this building with 2,113 – 3,802 SF contiguous available. They can be sold individually for owner/user or together as an investment. This is an excellent location in a newly developed area of Hampden Township.

**NEW PRICING
SALE**

5010 E. Trindle Road, Mechanicsburg

Excellent location in newly developed area of Hampden Township. Two condominium units (Suite 200) - 3,895 SF and (Suite 201) - 1,880 SF are available. They can be sold for owner/user or as an investment.

LEASE

1665 Roosevelt Avenue, York

Join OSS Health at their brand new location on Roosevelt Avenue, just off Route 30 and moments from I-83. Approximately 18,617 SF available with 14,438 SF on the second floor with stunning views of York County. Excellent opportunity for tenant to help design and customize their new facility to meet their unique space needs.

LEASE

1335 N. Front Street, Harrisburg

2,000 SF functional first floor office space includes four offices, a work room, reception area, kitchen, and two bathrooms. Grand windows overlook beautiful Susquehanna River in downtown Harrisburg. Parking available in a lot on the next block for the first floor tenant. Conveniently located minutes from I-81 and I-83.

**FREE RENT
LEASE**

301 Chestnut Street, Harrisburg

485 – 10,918 SF (25,398 SF total) available at Pennsylvania Place. This is a one-of-a-kind development for the Harrisburg market that includes over 50,000 SF of Class A office space in the City's thriving downtown district. The building offers an ultimate level of visibility, functionality and sophistication. On-site parking, workout facility, a swimming pool and high-end finishes embody the urban luxury of this high-rise mixed-use building. **Call for FREE RENT details!**



OFFICE LISTINGS

SALE



75 E. Derry Road, Hershey

Attractive, well-maintained, 6,760 SF single-story office building located 0.5 mile from Chocolate Avenue in downtown Hershey. The building sits on 1.4 +/- acres and has approximately 45 parking spaces on-site. The interior consists of private offices, open areas, conference/meeting room and plenty of storage.

NEW

SALE



815 Waynesboro Pike, Fairfield

2,024 SF freestanding, former financial institution on a corner parcel in the Borough of Carroll Valley. This location offers good exposure and visibility. Two drive-thru lanes are protected by a 400 +/- SF canopy.

NEW PRICING

SUBLEASE



300 N. 2nd Street, Suite 704, Harrisburg

1,330 SF seventh floor office space available in this downtown high-rise. The building boasts a marble and glass entrance way. The suite has a waiting area, large conference room, private office, a storage area and kitchenette. All furniture is included in the rent. This City location provides excellent access to Harrisburg amenities.

NEW

LEASE



1029 Mumma Road, 2nd Floor, Lemoyne

3,956 SF attractive office building with 2nd floor office space available for lease. Convenient location along the west shore business corridor with quick access to all major business hubs on both east and west shores. Property has been well-maintained, features modern upgrades and has ample on-site parking.

NEW

LEASE



30 E. Shady Lane, Enola

2,400 SF medical/professional office suite available at fiercely competitive rate in a convenient location. Property has recently been renovated and is well-maintained. Current tenant has out-grown the space and will be leaving by the end of 2020.

NEW

SALE



2451 N. 3rd Street, Harrisburg

4,186 SF commercial ADA accessible one story building in excellent condition that has been recently remodeled (carpet, paint and windows). Building offers 14 offices, waiting room, reception area, conference room, two restrooms and is located on the corner of N. 3rd and Schuylkill, next to the Polyclinic Medical Center. Lower level has been finished and is useable for office space.

**NEW PRICING
SALE/LEASE**

500 N. Progress Avenue, Harrisburg

5,112 SF two-story, well-maintained office building for sale with ample parking. Conveniently located in Susquehanna Township and minutes away from I-81, I-83, downtown Harrisburg, PA Farm Show Complex, and Harrisburg Area Community College. For additional details, or to set up a showing, please call Nik Sgagias or Amber Corbo at (717) 761-5070.

**NEW
LEASE**

4823 E. Trindle Road, Mechanicsburg

1,706 - 3,834 SF professional office space for lease in a highly visible, conveniently located building. Space is available for lease on the first floor and the ground level and these areas can be leased together or separately. There is an expansive lot with abundant on-site parking.

LEASE

101 N. Pointe Boulevard, Lancaster

8,403 SF Class A, multi-tenanted building in the heart of Lancaster County's business area. This beautiful building boasts large window lines, in-suite cooling/heating, in-suite music system, a guarded lobby, a common area breakroom and many high-end finishes. This is a great central location with ample parking available.

SALE

4109 Derry Street, Harrisburg

1,260 SF freestanding, newly renovated office space situated at a dedicated signalized intersection. Accessible directly from I-83 ramp on Derry Street. Space is functional and the location has high traffic, which makes it perfect for your business sign exposure. Additional 400 SF available on lower level.

**SALE****140-148 Ole Lane, Grantville**

This nearly 1,400 SF industrial building sits upon over 2 acres of paved parking. Perfect for a trucking company or any industrial user needing quick access to I-81.

**PENDING
SALE****638 & 651 Alricks Street, Harrisburg**

20,000 SF freestanding warehouse along the 6th Street industrial corridor. The building is clean, well-maintained, and functional. Additional land across the street (638 Alricks Street) is also available for sale.

**PENDING
SALE****700 Angenese Street, Harrisburg**

29,280 SF functional warehouse property for sale along the 6th Street industrial corridor. Convenient access to I-81, Route 22/322 and the City. A 5,500 SF temporary canvas building has been setup at this location, which can also be purchased for an additional cost.

LEASE**1900 Crooked Hill Road, Harrisburg**

Multi-use building with up to 8,000 SF available for lease. Built in 2001, the space features newer upgrades - high ceilings (18'7" clear), 2 docks, 2 drive-in's, a sprinkler system and central air and heat. Located minutes from the City of Harrisburg, Route 22 and I-81, this site is highly desirable.

**NEW
SALE****40 Landings Drive, Annville**

9,720 SF large warehouse could fit a variety of uses - sandblasting, vehicle repair, painting and much more. Property features 18'x16' doors (two drive-thru's), a 24.25' clear height and small office space. The building can be turned over as a bare building, or sold turn-key with all blasting and paint equipment in place.

LEASED**651 Gibson Boulevard, Harrisburg**

4,823 SF available in this clean, well-maintained, functional flex space for lease in established industrial setting. Easy access to and from I-83 makes this site attractive for users with a lot of truck traffic. The space has one drive-in, one dock, and there is a second knock-out dock door.

We offer customers flexible solutions that can support regional, national, and global logistics requirements.



Rail Enterprise Group is pleased to announce the development of a new, 278,000 SF warehouse and crossdock at our strategically located operation within the Cumberland Valley Business Park in Chambersburg, Pennsylvania. The modern facility will expand the park's rail-to-truck multi-modal connectivity and high-velocity logistics throughput. It will offer customers flexible solutions that can support regional, national, and global logistics requirements. The all-new, 340' x 82' high-bay building will be able to handle a wide range of commodities including rolled and palletized paper, building materials, canned and bagged food, consumer products, roofing products, lumber and plywood, and more.

Customers utilizing the new facility can take advantage of the 1,200-acre Cumberland Valley Business Park's extensive infrastructure and acres of outdoor laydown and storage space. Its easy highway access to the crossroads of Pennsylvania (I-81, I-70, and I-76) allows quick truck times to the entire region including the Northeast marketplace from New York City through to Washington, DC.

REG's Pennsylvania & Southern Railway will provide the new Franklin Logistics facilities with daily switching services and a connection to CSX that will enable it to reach the entire North American marketplace. With over 700 carspots on-site the P&S can support the new facility extensive forward inventory positioning services.

278,000 SF

WAREHOUSE

For More Information:

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If you are in the market for commercial, industrial, office or land property in the Greater Harrisburg Area, the Bill Gladstone Group of NAI CIR can help. Let them be your first step in finding a solution for your commercial real estate needs!

